

## Love is a Crime – Level 3

Block	Beats	Direction	Legs	Arms
		Face front	Lunge with right leg across left	Right arm horizontal / Left arm vertical up in star hands.
1	1-3 4  5-6 7-8	Face front	Hold start pose Feet together  Jog x 2 (Left leg leads)  Showtime (Right leg extended to side), Right step across	Right arm horizontal / Left arm vertical up in star hands. Fists on hips. Push arms forward in stop hands, Left arm extended up in fist / Right arm extended down in fist. Horizontal arms in star hands, Arms extended up clasped together.
	1-2 3-4 5-6 7-8	Face front	Jumping Jack, Feet together Left leg extended forward, Right knee lift Left knee lift, Feet together Right side lunge, Feet together	Clasped together at chest, Fists on hips. Fists on hips, Star hands extended diagonally down. Star hands extended diagonally down, Hands on thighs. Drag hands up body, Arms extended up in latin hands.
	1-2  3-4 5-6 7-8	Face front  Turn 360 to face right  Face right	<b>Air Jack</b>  Right step to side, Left knee lift  Feet together, Right knee lift  Left leg extended forward, Right knee lift	Swing arms across body to star hands extended diagonally up. Horizontal arms in blade hands, Arms extended forward clasped together. Arms extended forward clasped together, Elbows to side with star hands next to ears. Star hands on right hip, Elbows to side with star hands next to ears.
	1-2 3-4 5-6 7-8	Face front	Right side lunge, Jack on toes Right side lunge, Feet together Jog x 2 (Right leg leads)  Right step forwards, Left side kick	Fists on hips, Star hands extended diagonally up. Fists on hips, Star hands extended diagonally down. Arms extended forwards in blade hands, Arms folded forwards in blade hands. Horizontal arms in blade hands.
2	1-2  3-4 5-8	Face front	Left side kick slides through right lunge down to ground  Open legs into straddle sit <b>Straddle Support (Hand placement optional)</b>	Left hand on ground for support / Right arm horizontal in blade hand.
	1-2 3-4 5-6 7-8	Face front Side on Side on Side on	<b>Straddle Support (Hand placement optional)</b> Swing one leg to L sit facing side Bring back leg across body to <b>Split position</b> facing opposite direction Roll towards back and into Triceps push up position	Back arm extended to side in latin hand.
3	1-4 5-6 7-8	Side on Side on Face front	<b>Triceps hinge push up</b> Jog legs in Stand to face front	Hands on thighs.
	1-2  3-4 5-6 7-8	Face front	Feet together, Showtime (Right leg extended to side)  Right step across, Left side step into Side chase, Right step across  Right hop (left leg bent), Land hop on right leg	Left star on right hip / Right arm extended up in latin hand, Fists on hips. Fists on hips, Reach arms diagonally up in latin hands. Latin hands extended diagonally up, Left fist on hip / Right latin hand reach across body. Left fist on hip / Right latin hand flick back from across

				body (bent at elbow).
	1-2 3-6 7-8	Face left Face Right	Left step forward, Right step forward <b>1.5 Pirouette Turn</b> Feet together	Arms cross across the chest. Fists extended diagonally down.
	1-2 3-6 7-8	Face Right Turn 360 Face right	Left side step, Left knee lift Left step into double curl Bounce feet together	Reach left arm (up and down). Reach arms (forward and down). Punch forward and back.
4	1-8	Side on	<b>High Leg Kicks x 4</b>	Optional Arms
	1-2 3-8	Face right Side on	Jumping Jack, Feet together <b>Switch Split Leap</b>	Rolling Arms in front of chest.
	1-2 3-4 5-6 7-8	Face front Face left	Jumping Jack, Feet together Slide to left Jog x 2 (Right leg leads) Right lunge, Feet together	Right arm vertical up pointing / Left arm horizontal pointing, Clasped together at chest. Right arm horizontal, Left arm vertical up in latin hands. Fists on hips. Right fist on hip / Left arm extended forwards in star hand, Arms extended up in latin hands.
	1-4 5-6 7-8	Side on Face front	<b>Vertical Split Free Support (or Vertical Split using hands)</b> Jog x 2 (Right leg leads) Jumping Jack, Feet together	Drag hands up body. Arms extended up in latin hands, Hands on thighs.
5	1-8	Face front	<b>Jumping Jacks x 4</b>	Optional Arm Lines
	1-8		<b>Optional Choreography</b>	Optional Arm Lines
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6	1-4 5-6 7-8	Face front Side on	Side step, Fan kick to lunge down to ground Roll towards back into push up position <b>Wenson Push up or One arm, one leg support hold</b>	Horizontal arms in blade hands.
	1-4 5-6 7-8	Side on	<b>Wenson Push up or One arm, one leg support hold</b> Kneeling Kick to front Push up position	
	1-16	Side on	<b>Push Ups x 4</b>	
7	1-4 5-6 7-8	Face front	Roll towards front and lunge to stand facing front Right leap, Left leap Right step across, Left kick	Opposite arm to leg extend forward and back in latin hands. Horizontal arms in star hands.
	1-2 3-5 6-8	Face front Face back	Bend left leg, Left kick Feet together, Right mambo Right side chase, Left leg jog	Hook left leg over left arm / Right arm horizontal in star hand, Horizontal arms in star hands. Horizontal arms in star hands, Left arm hook behind back / Right arm swing forward in latin hand. Horizontal arms in blade hands, Circle fist hands at elbow in opposite directions.
8	1-2 3-5	Face back Turn to face front	Right leg jog, Right leg extended forward Left knee lift, Jumping Jack, Feet together	Horizontal arms in fist, Arms extended forward clasped together. Arms extended forward clasped together, Arms extended up clasped together, Fists on hips.

	6-7 8		<b>Stag Leap</b> Left step across	Latin hands extended diagonally up. Fists on hips.
	1-2  3-4 5-8	Face right  Face front Turn to face side	Jog x 2 (Right leg leads)  Right side flick, Feet together <b>Double Fan Kick (One leg medial / One leg lateral)</b>	Left arm extended forwards diagonally down in star hand / Right fist on hip, Right arm extended forward diagonally down in star crossed over left. Horizontal arms in star hands, Hands on thighs. Horizontal arms in blade hands.
	1-2 3-4 5-6 7-8	Face side Turn to face front	End Double Fan Kick Left lunge, Feet together Showtime (Left leg extended to side), Left leg jog with right foot kick opposite buttocks Showtime (Left leg extended to side), Feet together	Fists on hips. Star hands on left hip, Drag hands up left side of body. Horizontal arms in star hands, Fists on hips. Fists on hips, Hands on thighs.
	1-4  5-6  7-8	Face front	Grape-vine to right  Left flick kick forward  Right side flick kick, Feet together	Horizontal arms in blade hands, Right arm extended up in blade hand / Left arm extended forwards in blade hand, Horizontal arms in blade hands, Hands on thighs. Push arms forward in stop hands, Elbows to side with fists at chest. Horizontal arms with star hands, Hands on thighs.
9	1-4 5-6  7-8	Face front   Turn to face right	<b>Scissor Kick</b> Right leg easy walk  Right step backwards, Left knee lift	Horizontal arms with blade hands. Cross in front with latin hands, Horizontal arms in latin hands up (bent at elbow). Fists on hips, Arms extended forward in latin hands.
	1-2 3-4  5-6 7-8	Turn 360 Face right  In circle Face front	Feet together, Right knee lift Feet together, Showtime (Left leg extended to side)  Jog x 2 (Left leg leads) Left step forwards, Feet together	Fists on hips. Arms extended up in latin hands, Elbows to side with fists at chest. Punch down x 2. Arms extended forward in blade hands, Circle backwards to hands on thighs.
10	1-2 3-4  5-6 7-8	Face front	<b>Wolf Jump</b> Jumping Jack, Feet together.  Right side step, Left step behind Left switch to cross in front, Right side step	Arms extended forwards. Arms extended forwards in blade hands, Arms folded forwards in blade hands. Lateral side raise with fist hands up and down. Fists on hips, Right fist on hip / Left arm extended forward diagonally down in star hand.
	1-2 3-4  5-6  7-8	Face right   Face front	Left knee lift, Feet together Jog x 2 (Left leg leads)  Left mambo  Feet together, Showtime (Right leg extended to side)	Pull in left arm, Fists on hips. Right arm extended forwards in stop hand / Left arm circle behind head, Both arms extended forwards in stop hands. Right arm hook behind back / Left arm swing forward in latin hand. Arms cross at chest in fist hands, Swing to horizontal arms in latin hands.
	1-2	Face left	Right mambo	Left arm hook behind back / Right arm swing forward in latin hand.

	3-4	Face front	Feet together, Showtime (Left leg extended to side)	Arms cross at chest in fist hands, Swing to horizontal arms in latin hands.
	5-6	Face right	Left leg easy walk	Cross in front with latin hands, Horizontal arms in latin hands up (bent at elbow).
	7-8	Face back	Left step backwards, Right side step	Fists on hips, Arms extended forward in latin hands.
	1-2	<i>Turn to face front</i>	<i>Left knee lift, Feet together</i>	<i>Arms extended forward in latin hands, Both arms circle behind head.</i>
	3-4		<i>Jumping Jack, Feet together</i>	<i>Horizontal arms in stop hands, Fists on hips.</i>
	5-6		<i>Left chase forward</i>	<i>Right arm extended forward in blade hand / Left arm extended horizontal in blade hand.</i>
	7-8		<i>Right step forward, lunge into end pose</i>	<i>Right fist on hip / Left latin hand reach across body, Right fist on hip / Left latin hand flick back from across body and above head (slight bend at elbow).</i>
11	1-2		<i>Hold end pose.</i>	<i>Right fist on hip / Left latin hand flick back from across body and above head (slight bend at elbow).</i>

*Italic* – The first few beats at the beginning and the end can be altered by teams to incorporate a start and end pose.

Individuals must complete the exact choreography on the notes.

**Bold** – Skills. See list in AEROSkools booklet to check modifications for each skill.

Modifying some skills will decrease your intensity score during the routine.

\*\*\* Changes to the routine, which must take place in 2006 and onwards.